



Giving a little can mean a lot

Each quarter the Indiana Government Center campus holds a blood drive for employees. And each quarter Ginger Brophy of the Office of Medicaid Policy and Planning is there to donate, as long as it fits into her schedule, her *donation* schedule that is. At the last State employee drive Brophy earned her nine gallons donor pin, which means she has donated blood 72 times.

Brophy became a donor after working temporarily at the Indiana Blood Center, where she learned more about the process. She decided to give blood and soon became a regular donor after the creation of the Dedicated Donor Program. Brophy's blood is O-, meaning it is universal, and CMV-, meaning her blood can also be given to babies, both of which she found out after first giving blood and both have caused her to become a regular donor.

Giving blood is "such a small sacrifice for something that could save somebody's life," she explains. "It's not that big of a deal to me, but it is to the person who gets it." Brophy has been able to take some personal benefits away from donating. She says that each donation is like a mini physical because you can track your blood pressure and cholesterol during each pre-donation screening.

Brophy says she would like to see more state employees donate blood. Of the 8,000 employees on the IGC Campus, only 115 donate during blood drives at IGC.

Giving blood takes less than an hour, with only 10 minutes of that time accounting for the actual donation period. A majority of the time is the pre-screening and the post-donation, which involves relaxing and munching on cookies and orange juice. Brophy says it is best to go after eating breakfast or a meal.

The Indiana Government Center Blood Drive will take place on Thursday, July 20 from 7am to 4 pm in IGC South Conference Center Room C. If you would like to schedule a specific time to donate at the blood drive, please contact Kevin Waldrop at 317.234.4707 or email him at kwaldrop@spd.in.gov.

Blood drive hits a vein

During the summer months donations to blood banks across the country decrease. But in talking with several state employees throughout Indiana, their enthusiasm and support for donating blood never wanes. What makes a person want to give blood? Hear what some of the faithful donors had to say:

Tim Todd, superintendent at Medaryville Correctional Center is at the nine-gallon mark, thanks to his efforts with the American Red Cross. He started donating when one of his carpooling buddies suggested it. This was when Todd was at Westville. When his late wife needed a double lung transplant in St Louis, the blood donation took on a more personal touch. The surgery, with the blood transfusions, extended her life for nine years.

Carey Corzine, a plumber at Pendleton Correctional Facility is nearing his eight-gallon donation. "It's just a small thing I can do to help someone somewhere. Donating blood is something I can do and it doesn't bother me at all."

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Original artwork by Jerry Williams, State Personnel Department

Blood drive hits a vein (continued from Page 1)

Rich Hackel, with IDEM out of South Bend, started donating at the American Legion on the south side of Chicago when he was 17. Because he was not 18 years of age, his parents had to sign a waiver for him to give blood. He continued donating while in college and has now donated nearly 12 gallons. He says he continues to donate because it gives him a “feeling of being able to help folks. It’s sharing what I’ve got that I don’t need.”

Vic Trowbridge, a 40-year state employee, is a permits supervisor with INDOT out of the Fort Wayne District. He just recently donated his 128th pint, that’s 16 gallons! He thinks he started in the 1970’s when someone he knew was headed for open heart surgery. The word went out that the construction worker needed blood, so “30 or so of us went in and gave for him.” Trowbridge is a faithful donor, offering his O positive blood every eight weeks or so. “If I don’t show up, they (Red Cross) typically call me.”

Tom Massey is also a INDOT employee out of the Fort Wayne District. Massey has the honors of being the top donor in Whitley County. He’s given up 190 pints since he

FSAs offer benefit to you and to me

Flex-Spending Accounts for health care are intended to supplement existing health insurance coverage. Commonly known as FSAs, these accounts allow employees to pay for out-of-pocket medical expenses using pre-tax dollars.

FSAs are a helpful way to pay for health expenses, but leave many questions as to how they work and what they cover. FSAs are funded through a voluntary deduction from an employee’s gross pay. The amount deducted is not taxed and placed into the account until needed. Unused funds at the end of the year become property of the employer.

Monies set aside in these accounts can pay for healthcare expenses such as eye exams, dental services, physical exams and screenings, psychiatric treatment and more. They can also help cover expenses such as diabetic supplies, ambulance fees, fertility treatment, acupuncture, weight loss and smoking cessation programs, alcohol and drug rehabilitation programs and more. Co-payments, deductibles, prescription drugs and over-the-counter drugs can also be paid through the use of an FSA.

FSAs are a great resource for state employees. They make medical expenses more affordable through tax exemptions on income and are a great way to have an extra financial cushion for those unexpected medical occurrences.

started 55 years ago. Massey became a blood donor when he was in high school. His brother was in the Navy in the Korean War and wounded. That’s when he first rolled up his sleeve and offered up his blood. He himself became a Korean War veteran, serving in the Army. Massey has managed to make donating blood a family affair. His 19-year-old college grandson, his brother and his brother’s wife all are regular blood donors.

Chuck Bell with IDEM’s Muncie Sanitary District, has been donating for 40 years. His initiation with donating blood began when his Mother was hospitalized and needed blood. Both he and his Dad donated. Being a blood donor is “just something I can do,” he said. His wife is also a donor.

Bud Fulk has donated more than 13 gallons of blood and isn’t about to stop. Fulk is the director of education at Putnamville Correctional Facility. “I feel that God gave me the ability to donate, so why not share life-giving blood,” he said. “I believe you are supposed to help your fellow man.” Fulk would urge anyone to give, if at all possible. “It’s something I have to give, so why not share?”

Bill Breen, an electronic technician with Indiana State Prison, wishes more people would donate. “It’s a chance to help someone with just giving up so little of yourself,” he explained. “Find time to do it, get to a bloodmobile or go to the offices of the Red Cross or wherever blood is drawn, but just take time to do it.”

Becky Prifogle with the State Board of Accounts in Floyd County always wanted to give, but didn’t weigh enough. She is a faithful donor because, in her own words, “there is no way to get blood expect for people to donate.” She’s donated over 25 pints.

Steve Hodge, an HR generalist at Pendleton Correctional Industrial Facility started in the military in the late 1970’s. He himself needed a blood transfusion in the 1980’s following a motorcycle wreck. “I was thankful for the blood being there,” he said. He encourages people to consider donating. “It’s convenient, it’s easy, doesn’t hurt and it can help more than one person. You just never know if and/or when you may need it.”

Dixie Weir is a secretary in the training department at Pendleton and has given at least four gallons of blood. Both she and her husband donate. “It’s a giving thing that doesn’t cost me anything,” she said.



Your Address for Better Health TM

Questions frequently asked about One Care Street

Q: I'm married. Does my spouse need to complete the survey and health goal requirement in order for me to get the insurance premium discount even if they don't work for the state?

A: If you have family medical insurance coverage provided by the State of Indiana and your spouse is covered on the plan, then both you and your spouse must each complete the survey and set your health goals to receive the \$15 bi-weekly discount. Also, if you or your spouse is invited to do health coaching you will need to take at least the first coaching call. Otherwise, you will not receive the incentive.

Q: I'm concerned about privacy. What personal information will be shared with the state?

A: The State will not receive your personal information from One Care Street. The State receives an electronic tape which identifies employees who have earned their discount on health insurance premiums. This information is transmitted so that we can issue the discount. The State will also receive aggregate data on such items as percentage of employees taking the survey who are invited to engage in coaching, percentage of employees taking the survey who report experiencing stress emotions and similar measures.

Dell and Sprint offer discounts to state employees

State employees interested in purchasing a computer for their personal use can now participate in the Dell Employee Purchase Program. The program allows employees to save up to 12% when purchasing a desktop or notebook system.

Another new participant in the State's employee discount program is Sprint. The cellular company is offering a 15% discount on monthly service, free car power cord and 50% discount on all other accessories.

To learn more about either of these new opportunities, log onto the following Web site: http://www.in.gov/jobs/special_projects/discount.html.




STATE EMPLOYEE NIGHT

Saturday July 29, 2006 7:00pm vs. Columbus Clippers

Join us and Enjoy a Special Rate only for the Indiana State Employees
Come see your Indians face off against the future stars of the New York Yankees and be there for an appearance by the Zooperstars!

For more information Please Contact:
Byron Stevens, Director of Ticket Sales
(317) 269-3545 ext. 253
bstevens@IndyIndians.com

Please detach and mail portion below

ORDER FORM:

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

E-mail Address: _____

Phone: _____

To receive discount, tickets must be ordered by 5pm July 28th.
Tickets ordered within 10 days of event will be placed in will call.

Please send order forms to:
Attn: Byron Stevens, Indians Inc., 501 W. Maryland St.
Indianapolis, IN 46225
or Fax to (317) 269-3541

Two Seating Options for State Employee Night 7/29:

_____ @ \$6 per Reserved or Lawn Seat (\$8 Value)

_____ @ \$10.00 per Box Seat (\$12 Value)

_____ TOTAL

Method of Payment:

Please make Check/Money Order payable to Indians, Inc.
or pay by Credit Card

DISCOVER ___ MC ___ VISA ___ AMEX ___

ACCOUNT #: _____

EXPIRATION DATE: _____

Training opportunities for July and August

Date	Time	Class
July 5	9 am to 3 pm	CERT/Managing People* ¹
July 6	9 am to 3 pm	CERT/Selection & Interviewing* ¹
July 7	9 am to 3:30 pm	Performance Management*
July 11	9 am to 4 pm	CERT/Personnel Rules* ¹
July 12	9 am to noon	CERT/Progressive Discipline* ¹
July 12	10 to 11:30 am	Ethics for Supervisors/Managers
July 13	9 am to noon	Record Keeping Guidelines for Occupational Illnesses & Injuries (OSHA)
July 14	1 to 3:30 pm	Hoosier S.T.A.R.T. Plan Overview & Enrollment
July 18	9 am to 3:30 pm	CERT/Performance Management* ¹
July 18	10 to 11 am	Ethics Orientation
July 19	9 am to 1 pm	CERT/Family Medical Leave* ¹
July 20	9 am to 3 pm	Developing an Affirmative Action Plan* ¹
July 21	10 to 11:30 am	PERF: Your Retirement Program
July 25	9 am to 4 pm	CERT/Workplace Harassment* ¹
July 26	9 am to noon	CERT/Administrative Investigations* ¹
July 27	9 am to noon	Developing an AAP for Veteran Writers ¹
Aug. 1	9 am to 1 pm	Information and Records Management
Aug. 1	1 to 3 pm	Forms Management
Aug. 2	9 am to 3 pm	Developing an Affirmative Action Plan* ¹
Aug. 3	9 am to 3 pm	Selection & Interviewing*
Aug. 9	9 am to noon	Developing an AAP for Veteran Writers ¹
Aug. 10	8:30 am to 4:30 pm	Pre-retirement Planning Seminar
Aug. 16	1 to 3:30 pm	Hoosier S.T.A.R.T. Plan Overview & Enrollment
Aug. 17	9 am to 4 pm	Personnel Rules*
Aug. 22	8:30 am to 12:30 pm	Preventing Violence in the Workplace
Aug. 24	8:30 am to 1 pm	Driver Improvement Program
Aug. 29	9 am to noon	Workplace Harassment Prevention*
Aug. 30	9 am to 3:30 pm	Performance Management*

*These classes offer Human Resource Certification Institute (HRCI) credits. All classes will be held in the State Conference Center. The cost for the CERT program is \$25 per participant for the entire eight training sessions. Participants must commit to attend all eight sessions.

¹These classes are only offered to supervisors, managers and/or Human Resources personnel. With the exception of the CERT sessions, all classes listed are free to state employees. Obtain your supervisor's approval to attend.

For more information or to register, contact your agency training contact person. Check for calendar updates at:

www.in.gov/jobs/training&development/0homepag.htm



See more of Indiana

Looking for travel discounts this summer? Stop in at any Indiana Kroger, Payless or Owen store or one of the state parking garages to pick up your Visit Indiana card.

Then log onto www.VisitIndiana.com for a complete list of all participating venues and discounts available.

DOC's "Chubby Buddies" dump the plump

In the April 2006 issue of *The Interchange*, we reported on a weight loss contest between Department of Corrections (DOC) employees. Dana's Chubby Buddies was named the winner of the "Dump Your Plump" program, with a total loss of 72 lbs. over an eight-week period. The single individual Biggest Loser was DOC's Kevin Luzader who lost 12% of his body weight.

Fellow DOC employee, Marci Rautio, met her goal of being able to wear a two-piece bathing suit. She did so in Las Vegas, but, as we all know, "what happens in Vegas, stays in Vegas." Congratulations to Kevin, Marci, Dana's Chubby Buddies and everyone who participated. Well done!

The Interchange

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